

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

February 2015

Oatmeal Pancakes Fresh Apple Cereal Bars Cereal Mix Bran Banana Bread

Oatmeal Pancakes

1½ cups oatmeal or 4½ packets instant oatmeal
¾ cup whole wheat flour or all-purpose flour
1 tablespoon white sugar
1 teaspoon baking soda
2 tablespoons canola or vegetable oil
2 cups buttermilk (substitution: 2 cups fat free skim or 1% milk plus 2 teaspoons vinegar or lemon juice)
1 egg

1. In a large bowl, mix together oatmeal, flour, sugar and baking soda.
2. Add the oil, buttermilk and egg. Stir until completely mixed.
3. Let the batter stand at room temperature for 30 minutes (so oatmeal can absorb some liquid).
4. Drop ¼ cup pancake mixture on a preheated griddle or frying pan.
5. Bake until bubbles form, then turn and bake on the other side.
6. Serve with syrup or fruit topping (like warm applesauce).

Nutrition Note: This recipe makes 12 pancakes. Each pancake has 110 calories, 4 grams of fat, 4 grams of protein, 15 grams of carbohydrates and 190 milligrams sodium.

Tips for Healthy Snacking

Go for Great Whole Grains: Offer whole-wheat breads, popcorn and whole-grain cereals that are high in fiber and low in added sugars, saturated fat and sodium. Limit refined-grain products such as snack bars, cakes and sweetened cereals.

Fresh Apple Cereal Bars

2 cups wheat Chex-type cereal
1¼ cups brown sugar
½ cup margarine
¼ cup fat free skim or 1% milk
1 egg
1¾ cups all-purpose flour
1½ teaspoons ground cinnamon
1 teaspoon baking soda
2 cups shredded apples (about 2 medium apples)
½ cup raisins

Happy
Valentines
♥ Day!

1. Preheat oven to 350 degrees. Lightly coat a 9x13-inch pan with nonstick cooking spray.
2. Crush cereal; set aside.
3. In a large bowl, mix together brown sugar, margarine, milk and egg until well blended.
4. Stir in cereal, flour, cinnamon and baking soda. Mix together. Stir in apples and raisins.
5. Spread in pan. The mixture will be thick, so spread evenly.
6. Bake 30 minutes or until toothpick inserted in center comes out clean.

Nutrition Note: This recipe makes 24 bars. Each bar has 150 calories, 4 grams of fat, 2 grams of protein, 28 grams of carbohydrates and 135 milligrams of sodium.

Breastfeeding:

Why breastfeed?



“My mother breastfed my siblings and I. My sister breastfed her three boys before I had my son. I really didn’t even think about formula feeding as an option, even though I did struggle the first month with my son. After now breastfeeding my son for 17 months and my daughter for 15 months and still going strong, I can see the special bond we have, and I think breastfeeding made it stronger.”

~ Barb, WIC Breastfeeding Mom from the
Grand Forks Air Force Base

For more information about breastfeeding, check out our
breastfeeding website at www.ndhealth.gov/breastfeeding.

Cereal Mix

5 cups WIC cereal (a variety such as Kix, any Chex-type cereal, any Cheerios-type cereal, Crispix, Life-type cereal, frosted shredded wheat, Alpha Bits)
2 tablespoons melted margarine

1. Preheat oven to 325 degrees.
2. Place cereal in a large bowl.
3. Drizzle margarine over cereal and toss.
4. Sprinkle one of the flavoring mixes below over the cereal. Toss.
5. Place cereal on a baking sheet.
6. Bake for 15 minutes.

Cinnamon/Sugar Mix: 1 teaspoon cinnamon mixed with 3 tablespoons white sugar

Pumpkin Pie Spice Mix: 1 teaspoon pumpkin pie spice mixed with 3 tablespoons white sugar

Taco Mix: 2½ tablespoons taco seasoning mix

Seasoned Salt Mix: Mix 1 tablespoon Worcestershire sauce with melted butter before drizzling on cereal. Sprinkle cereal with 1 teaspoon seasoned salt.

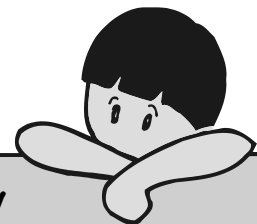
For the next two mixes, drizzle 2 tablespoons canola or vegetable oil over the cereal instead of the margarine.

Parmesan Mix: 2 tablespoons parmesan cheese, 1 teaspoon garlic powder and ½ teaspoon salt

Ranch Dressing Mix: ½ package dry ranch dressing mix



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children
North Dakota Department of Health
600 E. Boulevard Avenue., Dept. 301
Bismarck, N.D. 58505-0200
800.472.2286, option 1



Turn Off the TV

Visit every space in your home, but each time you get to a space do five jumps as high as you can and then move to the next space.

Source: Head Start Body Start



Bran Banana Bread

2 cups all-purpose flour
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
1½ cups mashed ripe bananas
2½ cups bran flakes cereal
½ cup margarine, softened
¾ cup white sugar
2 eggs

1. Preheat oven to 350 degrees. Coat a 9x5x3-inch loaf pan with nonstick cooking spray.
2. In a bowl, stir together flour, baking powder, soda and salt.
3. In a separate bowl, combine mashed bananas and cereal; let stand 2 minutes.
4. In another separate large bowl, beat margarine and sugar. Beat in eggs and cereal mixture. Stir in flour mixture. Spread in the loaf pan.
5. Bake for 60 minutes. Let cool 10 minutes before removing from pan.

Nutrition Note: This recipe makes 12 slices. Each slice has 260 calories, 9 grams of fat, 4 grams of protein, 42 grams of carbohydrates and 340 milligrams of sodium.

GROWING HAPPY FAMILIES



How can I use cereal?

Hot or right out of the box, cereals are the perfect start to your day. They make great snacks and can be used as a quick evening meal. Many dry cereals or uncooked hot cereals can be added to casseroles and used as “breading” for fish and chicken. They can also be used as a topping for fruit, yogurt and ice cream. Try blending two kinds of cereal for a new flavor. WIC cereals are a good source of iron and are low in sugar.